

## Project Planning Matrix – DRAFT 3

**Title:** TRINCOMALEE DISTRICT INTEGRATED NUTRITION AND FOOD SECURITY ACTION PLAN

**Estimated project period:** 2002 - 2004

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**Revised on:** 10 January 2002

**Agency:** Ministry of Health and District Planning Secretariat Trincomalee

Summary of Objectives/Activities	Indicators	Means of Verification (Data Sources)	Assumptions
<p><b>Overall goal:</b></p> <p><b>The nutritional status and food security of the population in Trincomalee District has to be improved according to the National Nutrition Plan of Action of 1997 and the District Integrated Nutrition and Food Security Plan Trincomalee</b></p>	<ol style="list-style-type: none"> <li>1. ... % of families in Trincomalee district are independent from government welfare by ...</li> <li>2. ....% decrease in stunting (indicator of poverty) by 2003</li> </ol>	<p>National nutrition plan of action of 1997</p> <p>District nutrition and food security action plan (2002)</p> <p>Survey results</p>	
<p><b>Purposes/objectives of the Trincomalee District Plan</b></p> <ol style="list-style-type: none"> <li>1. <b>People in Trincomalee District are enabled to diversify and intensify their food and income sources and improve their nutrition and health care</b></li> <li>2. <b>PROPOSITION: Institutions and departments are enabled to integrate food security and nutritional aspects in their ongoing programmes and focus their resources towards the malnourished children and women within the district of Trincomalee.</b></li> </ol>	<ol style="list-style-type: none"> <li>1. ....% of decrease in wasting and stunting by 2003</li> <li>2. ...of families have qualitatively improved their nutrition (i.e. diversification) as well as quantitatively (i.e. frequency of daily meals etc.) by 2003</li> <li>3. <i>Established monitoring and information system with regular follow-up meetings concerning the improvement of the nutritional situation of the population in Trincomalee</i></li> </ol>	<p>Minutes of meeting of Nutrition Coordination Committee, Reports concerning achievements related to nutrition prepared by the departments and institutions and documented in DPS</p> <p>IFSP baseline survey on health and nutrition (1999) and follow-up surveys</p> <p>Stunting and wasting as indicators for poverty (IFSP 2000)</p> <p>Village Data Sheets – Trincomalee District Poverty Profile (IFSP 2001)</p>	<p>Government and NGO staff have safe access to vulnerable/affected areas</p> <p>Displacement is not affecting the majority of the project area</p> <p>NGO and Government continue to support the integrated village approach based on participation, mobilisation and local contribution (IFSP approach)</p>
<p><b>Results:</b></p> <ol style="list-style-type: none"> <li>1. Maternal nutrition is strengthened and promoted</li> <li>2. Infant nutrition is improved</li> <li>3..Nutrition situation of (pre-school and) school children is improved</li> <li>4..Awareness on the particular nutrition and reproductive health situation of youth and adolescent girls is created</li> <li>5..Micro nutrient deficiencies are reduced</li> <li>6..Health and environmental sanitation is improved</li> <li>7. Household food insecurity (and poverty) is (are) alleviated</li> <li>8. Institutional capacities are strengthened</li> </ol>			

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<p><b>1. Maternal nutrition strengthened and promoted</b></p> <p><b>Activities:</b></p> <p>1.1 Improve pre-natal, natal and post-natal care for safe motherhood by providing relevant facilities (e.g. establishing additional health centres) and equipment including full staffing of MCH</p> <p>1.2 Expand coverage of health services with emphasis on mothers in uncleared areas (DPDHS-IFSP-EHED)</p> <p>1.3 Train health volunteers regarding to the nutritional situation of women (and on delivery techniques) with emphasis to uncleared areas (DPDHS-IFSP-EHED)</p> <p>1.4 Awareness creation on mother's nutritional needs, malnutrition in women and the utilization of nutritious food within the family (DPDHS-IFSP-EHED)</p>	<p><b>Indicator:</b></p> <p>...% of pregnant women with satisfactory weight gain during pregnancy is increased in 2002, 2003, 2004</p> <p>...% of infants with adequate birth weight in 2002, 2003, 2004 is increased</p> <p>1.1. Coverage of health services in uncleared areas increased (No. of health volunteer per 3000 persons)</p> <p>1.2. Relation Health volunteers/population in uncleared</p> <p>1.3. No of awareness sessions</p> <p><i>Suggestion for the planning workshop 2002: Formulate an indicator to evaluate the nutritional knowledge –attitude and practice specifically for women</i></p>	<p>Reports/data from DPDHS, MOH, PHI, VHV</p>	
<p><b>2. Infant nutrition is improved</b></p> <p><b>Activities:</b></p> <p>2.1 Promote mother and baby friendly hospitals by encouraging exclusive breast feeding and adequate weaning practices through awareness campaigns and the development of didactic materials (leaflets etc.) (DPDHS)</p> <p>2.2 Promote complementary feeding through the supply of Triposha for children &lt; 5 years of age or through locally available complementary food items (DPDHS)</p> <p>2.3 Improve immunisation status of the population in Trinco (DPDHS-IFSP-EHED)</p> <p>2.4 Promote growth of children &lt;5 years by nutritional education (feeding and caring practices of mothers, locally available cereals etc.) (DPDHS-IFSP-EHED)</p>	<p><b>Indicator:</b></p> <p>Prevalence (%) of wasting in children under 3 years is analysed and documented by different age groups on the basis of existing data in the Health Centres of Trincomalee</p> <p>2.1 .... no. of mothers practice exclusive breast feeding</p> <p>2.2 Morbidity pattern among children 0.1-2 years reduced</p> <p>2.3 <i>ABW of ... kg achieved by 2003 or LBW reduced by ... % until 2003</i></p> <p>2.4 ... cases and/or campaigns successfully implemented</p>	<p>Health statistics of Clinics and HC</p> <p>Information collected through VHV, PHI, MOH</p> <p>Monitoring sheets (IFSP &amp; Health Department)</p> <p>Review of health campaigns</p>	

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<p><b>3. Nutrition situation of (pre-school and) school children is improved</b></p> <p><b>Activities:</b></p> <p>3.1 Monitor growth of school children: survey in cooperation with DPDHS and DoE (?)</p> <p>3.2 Strengthening school health programmes together with SDS (deworming, Vit-A-distribution) (DPDHS-DOE-IFSP)</p> <p>3.3 Establish school health clubs (DPDHS-DOE)</p> <p>3.4 Enhance basic sanitary facilities in all schools including a basic educational concept on hygiene (DOE)</p> <p>3.5 Promote education about nutrition including theatre and street plays by school children (DOE)</p> <p>3.6 Providing mid-day meal to school children (DPDHS-DOE-IFSP)</p> <p>3.7 Training of health volunteers, school teacher and health staff (DPDHS-IFSP)</p> <p>3.8 Continue school garden/nursery programme (DOA-DOE-IFSP)</p>	<p><b>Indicator:</b></p> <p>Prevalence (%) of wasting in school children is analysed and documented by age group in coordination with the health sector</p> <p>3.1 ... % of (<i>pre-school and</i>) school population monitored</p> <p>3.2 Supplement feeding introduced to ... schools</p> <p>3.3 Mid-day meal provided to ... children and independently continued by families &amp; SDS</p> <p>3.4 ... sanitation facilities established and maintained</p>	<p>Evaluation of IFSP mid-day meal programme and other school feeding programmes (reference information)</p>	<p>A coherent nutritional education strategy with clear and unified messages must be developed.</p>
<p><b>4. Awareness on the particular nutrition and reproductive health <i>situation</i> of youth and adolescent girls is created</b></p> <p><b>Activities:</b></p> <p>4.1 Implement awareness programmes and knowledge for youth in the villages and welfare camps on nutritional deficiencies</p> <p>4.2 Facilitate delay of marriage among teenagers, first child and spacing of subsequent children (DPDHS, DoE)</p> <p>4.3 Create awareness on healthy food habits (DPDHS, DoE)</p> <p>4.4 Conduct awareness programmes on alcohol and drug abuse (DPDHS, DoE)</p> <p>4.5 Facilitate special care for adolescent pregnant girls including reproductive health awareness programmes (DPDHS)</p>	<p><b>Indicator:</b></p> <p>Specific subjects such as consequences of early child birth, alcohol and drug abuse, reproductive health for adolescent girls etc. is integrated in school curricula in coordination with the health sector (???)</p> <p>4.1 ... awareness campaigns conducted in ... villages and factories</p> <p>4.2 Status of micro nutrient deficiencies available</p> <p>4.3 ... no. of "late" marriages and ... no. of spacing cases; crude birth rate reduced by ... %</p> <p>4.4 ... no. of campaigns implemented and ... cases followed by families</p>	<p><i>School curricula (?)</i></p> <p>Concept paper</p> <p>Workshop reports</p> <p>Sample surveys</p> <p>Data/reports from DPDHS on birth pattern</p> <p><i>Reduce nutrition problems among adolescent, especially micro nutrient deficiencies</i></p>	<p>Budget should be available in DPDHS, DOE!!</p> <p>Note for the planning workshop 2002: There is no coherent strategy developed to improve the nutritional status of adolescent girls.</p> <p>It has to be discussed whether these results should be part of the Action Plan or not.</p>

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<p><b>5. Micro nutrient deficiencies reduced</b></p> <p><b>Activities:</b></p> <p>5.1 Promote universal iodisation of salt for consumption including quality control and assistance to the salt industry for quality standards (DPDHS-PHI)</p> <p>5.2 Awareness programme to be continued for use of iodised salt</p> <p>5.3 Continue distribution of Vit-A (DPDHS-IFSP)</p> <p>5.4 Continue with iron supplementation including awareness programmes for better micro-nutrient absorption</p>	<p><b>Indicator:</b></p> <p>Supplementation of micro-nutrients is systematically monitored and analysed by DPDHS</p> <p>5.1 All salt available in the market iodised</p> <p>5.2 horticulture/home gardening promoted for ... home gardens</p> <p>5.3 Reduction of anemia in women and children</p>	<p>National survey on micro-nutrients (prevalence and distribution within the population)</p> <p>Reports of PHM, MOH on clinical signs of micronutrients (i.g. Vit.A deficiencies)</p>	<p><i>Note for the planning workshop 2002:</i></p> <p><i>Assessment of the Micro-nutrient status of the population will be biased by Vit A Dosis and other micronutrients provided during the last years</i></p> <p><i>It should be discussed whether the distribution of micro-nutrients can be replaced by a food based approach such as Promotion of Vit A or iron rich food items.</i></p>
<p><b>6. Health and environmental sanitation improved</b></p> <p><b>Activities:</b></p> <p>6.1 Promote food safety activities such as food handling supervision through PHI (/DPDHS)</p> <p>6.2 Conduct awareness programme on personal and public hygiene (DPDHS)</p> <p>6.3 Provision of safe drinking water and sanitation facilities (DPDHS-IFSP) (other partner institutions: ACF, etc.)</p> <p>6.4 Establish a "policy" for improved water supply and sanitation (DPDHS-IFSP)</p> <p>6.5 Facilitate waste disposal management (DPDHS-IFSP)</p>	<p><b>Indicator:</b></p> <p>80% of the constructed sanitation infrastructure (e.g. toilets etc. ) is regularly used and maintained by the beneficiaries</p> <p>6.1 % of households in adequate food safety conditions (criteria defined and monitored by PHI)</p> <p>6.2 ... families provided with safe drinking water: no. of house connections and bills paid by people</p> <p>6.3 ... no. of good waste disposal systems implemented</p>	<p>PHI Reports on food safety (DPDHS)</p> <p>Standard IFSP package for water supply and sanitation (implemented in &gt; 30 villages)</p> <p>IFSP PNA review meetings on water supply and sanitation projects</p> <p>Solid waste management concept for Trincomalee (initiated by IFSP, 2<sup>nd</sup> assignment in 08/01)</p>	

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<p><b>7. House hold food insecurity (and poverty) alleviated</b></p> <p><b>Activities:</b></p> <p>7.1 Continue promoting domestic agricultural production (competitively) including demonstration, training, extension and input supply and processing (DOA)</p> <p>7.1.1. Seed production paddy (DOA-IFSP)</p> <p>7.1.2. High yield variety by mini-kids (DOA-IFSP)</p> <p>7.1.3. Farm women agriculture extension (DOA-IFSP)</p> <p>7.1.4. Farmer Training (DOA-IFSP)</p> <p>7.1.5. Minor tank rehabilitation (DOAD-IFSP)</p> <p>7.1.6. Maintenance of mayor tanks (DOI-IFSP)</p> <p>7.1.7. Renovation of agricultural roads (DOAD-DOI-IFSP)</p> <p>7.1.8. Improvement of channel systems and water management (DOI – IFSP)</p> <p>7.2. Facilitate price stability for food crops and food items including marketing facilities (network, transport) and reduction of post-harvest losses as well as develop food distribution channels through formation and promotion of local FOs and processing cooperatives (DOA, .....)</p> <p>7.2.1. Develop food distribution channels (?)</p> <p>7.2.2. Stabilise food costs and household food security through post harvest technology (?)</p> <p>7.3. Develop substitutes for imported food commodities and processed foods with emphasis on the promotion of local food crops and vegetable in particular (study on indigenous food crops and vegetables)</p> <p>7.4. Promote nutritious food consumption through locally available crops/vegetables (e.g. drum stick, leafy vegetables etc.)</p> <p>7.4.1. Food plants supply (banana, mango, lime) (DOA-IFSP?)</p> <p>7.4.2. Processing and preservation (DOA-IFSP?)</p> <p>7.4.3. Promote home gardening as an economic activity (DOA – DOE – IFSP)</p>	<p><b>Indicators:</b></p> <p>Food Insecurity reduced by....% from ....to .... in 2004</p> <p>7.1. ... % of small farmers with increased production, productivity and diversified crops</p> <p>Access to quality seed paddy increased by ....%</p> <p>... % of landless farmer participating in FFW activities (?)</p> <p>No. of resettled farmers (?)</p> <p>No of tanks used and maintained by the beneficiaries</p> <p>ha of irrigated fields increased</p> <p>Km of renovated agricultural roads</p> <p>7.2. Relation of producer price vs. retail/whole sale price increased to .....%</p> <p>No of families applying one post harvest technology</p> <p>7.4 No of families with constant vegetable production from home garden</p> <p>Relation of self-consumption / commercialisation of home garden production</p>	<p>Monthly reports of departments / institutions</p> <p>Quarterly reports of departments /institutions</p> <p>Annual Reports of departments /institutions</p> <p>Special evaluations designed in cooperation with partner institutions.</p>	<p><i>Note for the planning workshop 2002: It should be decided which are the most relevant activities for Food Security</i></p> <p>All activities imply that DOA is in a position to actively / significantly influence local and regional markets.</p>

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<p>7.5. Promote crop – livestock integration (DoAPH-IFSP-others)</p> <p>7.5.1. Supply breeding material (cattle, goats, poultry) (DoAPH-IFSP-others)</p> <p>7.5.2. Artificial insemination (DOAPH)</p> <p>7.5.3. Farmers training (DOAPH-IFSP-others)</p> <p>7.5.4. Commercialisation of Milk (cow, buffalocattle) (DOSPH, Milkboard)</p> <p>7.5.5. Commercialisation of livestock, eggs, meat, poultry (DOAPH-IFSP)</p> <p>7.5.6. Improve hygiene methods of milk production (DOAPH-Milkboard)</p>	<p>7.5. Income of families is increased through commercialisation of livestock (in ...Rp. per month)</p>	<p>Village Data Sheets – Trincomalee District Poverty Profile (IFSP 2001)</p> <p>Evaluation of minor tank rehabilitation programme (IFSP-DoAD)</p> <p>School garden programme of DoA-DoE (IFSP)</p>	
<p>7.6. Develop aquaculture in village tanks (per-annual minor tanks, e.g. cooperation IFSP-Naqda-(DOF) and promote costal marine fishing</p> <p>7.6.1. Fish production (subsidize and technical advice) (DOF-IFSP)</p> <p>7.6.2. Well for drinking water for involved fishing community</p> <p>7.6.3. Fingerlings and fry (DPF-IFSP)</p> <p>7.6.4. Income generation through commercialisation of fish</p> <p>7.6.5. Training on storage and preservation</p> <p>7.6.6. Wells and toilets to improve hygiene situation of the people</p>	<p>7.6. No of families with additional income through commercialisation of fish (in....Rp. per month)</p>		
<p>7.7. Strengthening small scale producers - Income Generation Activities (IGA):</p> <p>7.7.1. Coordination of partner giving loans (DoIn-IFSP)</p> <p>7.7.2. Training of beneficiaries with loans (DoIn-IFSP)</p> <p>7.7.3. Promote craft and cottage industries (DoIn)</p> <p>7.7.4. Standardisation of food preservatives: jam etc. (DoIn)</p>	<p>7.7. No. of families starting a new small scale business</p> <p>No. of families with ongoing business after one, two, three years.</p> <p>No. of families with increased income (in Rp. per months)</p>		

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<p><b>8. Institutional capacities strengthened</b> <b>Activities:</b></p> <p>8.1 Training and advice in project planning, M+E and documentation with emphasis on staff district and DS Divisional level (IFSP-others)</p> <p>8.2 Training in conducting surveys including gathering, interpretation and application of available data and information (IFSP-others)</p> <p>8.3 Establish information system for the IDNFSP at district and divisional level (DPS-DS-IFSP-others)</p> <p>8.4 Establish efficient coordination mechanism between institutions (Departments-institutions-NGO-etc.) (DPS-IFSP-others)</p>	<p><b>Indicator:</b> <i>A Communication strategy for the regular monitoring of the key indicators between DPS, PC, departments and NGO is developed and practiced</i></p> <p>8.1. No. of training sessions for district staff in M+E, evaluation of achievements of nutrition and Food Security etc.</p> <p>8.2. No. of training sessions in applying surveys and interpreting data for technical staff of IFSP partner institutions</p> <p>8.3. Agenda for the meetings of the district nutrition committee is elaborated in order to monitor systematically the progress of the district plan</p> <p>8.4. Quarterly meetings of the nutrition committee with participations of all relevant organisations in Trincomalee.</p> <p>8.5. All ongoing programmes of the development and emergency institutions in Trincomalee including objectives, activities, location and budget are available and transparent in DPS.</p>	<p>Minutes of meeting, reports etc. of nutrition committee meetings in Trincomalee</p> <p>Developed agenda regular meetings</p>	<p>All institutions coordinate their activities</p> <p>Transparency of programmes and partner in Trincomalee is assured</p>